

As any parent can tell you, actions speak louder than words. Research shows, for example, that children of parents who smoke are more likely to smoke themselves.

The same holds true for nutrition. If your children see you filling up on chips and soda, what's the likelihood that they'll ask for vegetables and milk at every meal? Slim to none.

Researchers at the University of Pennsylvania studied 180 pairs of mothers and daughters over a three-month period. The results showed that moms who consumed more milk have daughters who do the same.

By serving as nutrition role models, mothers can shape their daughter's, and whole family's, beverage choices. That's important considering that less

than half of children aged 6 to 11 years (47 percent of males and 36 percent of females) consume the recommended amount of calcium daily. Adolescents fare even worse. Twenty-eight percent of

teen males and 11 percent of teen females fail to meet their daily calcium requirements.

At home, be sure to keep your refrigerator stocked with milk.

Try the new single-serve containers for kids-on-the-go or appeal to the kids with the variety of flavored milks now available. Make sure your children - and you - drink milk at every meal.

Remember that all meals served at school as part of the federal feeding program offer milk to children. The USDA's recent study of school nutrition found that school meals provide more calcium than required by federal guidelines.

Eat Well and Your Children Will, Too



Dairy Council
of Wisconsin